

## **Additional File 2 – Interview guide for patients**

---

### **Introduction:**

The purpose of this study is to explore barriers and enablers to physical activity during the hospital stay of older adults. Barriers are factors that reduce or negatively affect patients' engagement in physical activity, while enablers are factors that enhance or positively affect patients' engagement in physical activity. There are no right or wrong answers to these questions. Your opinion is important to this study, as it contributes to the improvement of physical activity levels of older adults during their hospital stay.

### **Topics:**

- Could you describe your experience of being physically active during your hospital stay?
  - Could you explain whether you have performed the same amount of physical activity during your hospital stay as you would have at home?
  - How important is being physically active during your hospital stay to you?
  - Which barriers to physical activity did you perceive during your hospital stay?
  - Which enablers to physical activity did you perceive during your hospital stay?
  - What should change according to you in order to increase patients' physical activity levels during their hospital stay?
  - We have now elaborately discussed barriers and enablers to physical activity during your hospital stay. We have also discussed what should change in order to raise patients' physical activity levels. Out of all the possible improvements we have just discussed, please name three that would have the greatest impact in terms of raising patients' physical activity levels.
-